

**HOW TO LOSE WEIGHT  
FAST WITHOUT DIETS,  
SURGERY OR DANGEROUS  
PRESCRIPTIONS**



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Losing weight and building lean muscle is one of the most researched topics. Being self-conscious [on how we look is very important.](#)

Achieving that dream is an easy yet challenging activity. It all depends on how you approach it and how much determination you have.

Losing weight and building lean muscle encompasses various aspects ranging from diets, exercises to other general do's and don'ts. The activities we take part in our daily lives promote the type of body that we end up having. Listed

below are some of the most common areas that you can work on to improve your healthy living, gain lean muscles and lose weight in the process.

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## Diet



Start cutting back on your carbohydrate intake each day. Carbohydrates tend to turn into sugar which causes you to store fat. If you eat a lot of white bread, white rice, sodas and other foods highly processed it may cause you to gain weight as well. You need to incorporate good carbohydrate into your diet like fruits, vegetables, beans and whole grains.

Proteins should be the largest portion of your intake. Proteins have diverse advantages in weight loss and muscle gain

program. They boost body metabolism, this is vital in repairing and building of muscles.

They also affect appetite-regulating hormone thus reducing the amount of food that one consumes. A strong protein-packed breakfast is recommended over a carbohydrate-rich one. Eat lean proteins such as meat, dairy, poultry, soy, and eggs. Whole cereals are also recommended for breakfast starter packs.

### **Stay hydrated!**



Drinking water is not only beneficial to your weight loss program but also accelerates a healthy younger-looking skin.

Drinking water should be done before or some minutes after meals and not during or immediately after meals.

Doing this interferes with digestion leading to complications like bloating. It is recommended to drink before a meal as doing so, makes one get a feeling of satisfaction thus consuming less food.

### **Proper timing of meals.**

Meals should be properly timed for timely results. The frequency between meals should be observed to avoid overfeeding or underfeeding.

Do not start working out immediately after a meal, this is because after eating most of the energy is directed towards digestion denying muscles the energy.

they need to burn for their growth. If you have to eat just before exercise, an apple or a banana is recommended as the supply a relatively instant source of energy without digestion.

Avoid consuming carbohydrates before bed.

What our body system does with this glucose is, it converts it to glucagon before storing it as fat. In a weight loss and lean muscle gain program, storing fat is your worst drawback! The fat stored can also go a long way in causing more damaging effects to the body such as heart attacks and obesity issues.

Other dietary measures should be observed include; consuming less salt; avoiding junk food and reduced alcohol consumption since alcohol has a high-calorie content.

## Exercises.



Cardio exercises are the most recommended in terms of weight loss. These are exercises that are focused on the cardiovascular system. They include: running, jogging, swimming and bike riding.

Walking can be a preferred option also. These activities help boost the heart rate and thus more blood is pumped into muscles for muscle nutrition and nourishment and eventually muscle repair and growth.

[Endurance exercises](#) such as squats are recommended for weight loss while strength exercises are recommended for lean muscle building.

Chest exercises, for example, are also a great way of staying fit. There are a couple of chest exercises that are useful for the body such as:

- Band chest fly – this is an excellent warm-up chest exercise that is similar to the cable fly chest exercise.
- Batwing Fly – in this kind of exercise, bottom movements are essential to reap maximum advantage from it.
- Half-kneeling chest press – this exercise works excellently to the core of the body.

### **Lifting.**



This helps in muscle building and weight loss. It shouldn't be about going to the gym and lifting weights. It should be

goal-oriented focusing on various body parts; legs, the back, chest, shoulders, arms and abdominal muscles.

It should, however, be noted that despite doing all of this, the results may not come as soon as you may expect. This is because of some various variations in our body physiology. These variations differ from person to person as a result of the varied lifestyle, upbringing, and health complications.

Men have a higher metabolism rate compared to women. For women to lose weight and gain lean muscle putting this into consideration, they have to work out more during the day by increasing body movements such as short walks throughout the day. A 10 to 15-minute continuous walk can do you a lot of good, especially if you work at a place where there are reduced movements all day.

A healthy body equals a healthy life. It is, therefore, important to maintain your body through exercises and try to avoid health complications such as obesity that may be fatal.

There are some easy, effective and healthy alternatives to weight loss.

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